



August 2012

# KCCRT Newsletter

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## New Home!



From Louisville, take I-64 East to Exit 53A. Go right on Hwy. 127 to first light. Turn left on Burlington Lane. Go through stop sign. Turn left on St. James Court. KCCRB is second building on right.

## Welcome to Our New Home!

### We've Moved

On July 20, 2012 KCCRB offices were moved from the KHEAA Building to a roomy one-story facility off Highway 127 and I-64.

The building is shared with the Hairdressers & Cosmetologists Board. There are just a few steps or an accessible ramp to get to the front door.



The office space and storage had gotten very cramped. Many things were stored either in an adjacent section of the building, in other offices or a mile away from the office in a warehouse. Now, all the KCCRB equipment, furniture and supplies are organized in what can only be described as spacious accommodations.

Two full rooms of built-in bookshelves make it possible to get all team supplies, training materials, response materials and office supplies in designated areas. The staff can actually **find** things now!

The staff is no longer climbing over furniture or boxes to get in and out of their offices. All the rooms provide ample space.

The main open area provides a great place for the conference table, making it possible to hold quarterly Board Meetings and small training events at the KCCRB Office.

Even though we are still getting settled, we invite you to stop by and say hello.

We thank everyone for being patient as KCCRB made this transition into a much more functional space.

**The new address is** 111 St. James Court, Suite B, Frankfort, KY 40601.



## Staff Support

### Debborah M. Arnold

#### – Executive Director

- Response authorization and guidance
- Assistance when needed

### M. Kelli Robinson

#### – Deputy Director

- Response authorization and guidance
- Assistance when needed

### C.J. Wright

#### – Team & Training Program Coordinator

- Response authorization & guidance
- Assistance when needed
- Training
- Team Meeting Coordination
- Team oversight

### Wayne Mullannix

#### – Preparedness Planning Coordinator

- Integrate Behavioral Health annex into State Emergency Op Plan
- Incorporate and train to include this plan in county and regional plans
- Annual review and revision of ESF 6 & ESF 8 Emergency Op. plans

### Tammy Napier

#### – Administrative Specialist II

- New membership applications
- Travel reimbursements

Kentucky Community Crisis Response Board  
111 St. James Ct., Suite B  
Frankfort, KY 40601

502.607.5781

502.607.5780 Fax

888.522.7228 24-hour Response Line

<http://kccrb.ky.gov>

[kccrb@ng.army.mil](mailto:kccrb@ng.army.mil)

**You are what you repeatedly do.  
Excellence is not an event...  
it is a habit.** ~ Aristotle

## Responses to Date

Responses to Date figures reflect the number of persons served by KCCRT in the current fiscal year and agency totals since inception.

**Fiscal Year 2012 (July 1, 2011 to June 30, 2012)**

**Services to 4,565 people**

**Agency Totals since April 1, 1997**

**49,576**

**Responses for FY2012 include services to:**

750	Fire/EMS
124	Law Enforcement
1256	School
39	Medical
2331	Community
27	Business/Industry
13	Emergency Management
26	Family support
17	Social Services

## Starfish Story . . .

by C.J. Wright

### **Many of us have heard this story:**

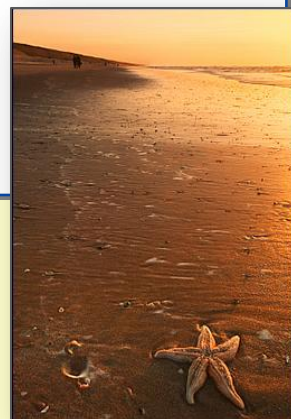
Once there was a man walking down the beach, and he noticed the beach was covered with thousands of starfish that were washed up with the tide. They were everywhere. As he walked along the beach he noticed a young boy up ahead throwing rocks into the ocean. As he got closer to the boy he noticed he was not throwing rocks at all but he was actually throwing the starfish back into the ocean.

He thought, "What a crazy kid. He really thinks he can save all of these starfish? There are thousands of them!"

As he got next to the boy he said, "Hey kid, what are you doing? You really think you make a difference?" The boy picked up another starfish, threw it back to the ocean and replied, "I made a difference to that one!"

This was originally written by Loren Eiseley (1907–1977), published as the *Star Thrower* in 1969. There are many versions.

This story reminds me of our team. We, in a way, serve the starfish that get stuck and need a little assistance getting back. And just like the little boy in the story, you do make a difference!



## Regional Leadership

### Region 1

**RTC:** Hank Cecil, Debra Hartz;

**Log:** Tom Ballowe

Ballard, Carlisle, Hickman, Fulton, McCracken, Graves, Marshall, Calloway

### Region 2

**RTC:** Tim Davis, Pam Gabbard

Livingston, Crittenden, Lyon, Caldwell, Trigg, Hopkins, Christian, Muhlenberg, Todd

### Region 3

**RTC:** Paula McCaghren, Kay Evans;

**Log:** Jim McDaniel

Union, Henderson, Webster, Daviess, McLean, Hancock, Ohio

### Region 4

**RTC:** Robbie Simpson & Wayne Hensley;

**Log:** David Shepherd

Butler, Logan, Warren, Simpson, Edmonson, Allen, Hart, Barren, Metcalfe, Monroe

### Region 5

**RTC:** Karl Lusk, Renelle Stallings;

**Log:** Woody Will

Meade, Breckinridge, Grayson, Hardin, Larue, Nelson, Washington, Marion, Taylor, Green

### Region 6

**RTC:** Pam Fleitz, Mike Dossett, Mike Huff;

**Log:** Lee Twombly

Jefferson, Bullitt, Trimble, Oldham, Henry, Shelby, Spencer, Anderson

### Region 7

**RTC:** Todd Schulkers;

**Log:** Fr. Charles Tucker

Carroll, Gallatin, Boone, Kenton, Campbell, Owen, Grant Pendleton, Scott

### Region 8

**RTC:** David Eldridge

Bracken, Robertson, Mason, Fleming, Bath, Montgomery, Menifee, Lewis, Rowan, Morgan

### Region 9

**RTC:** Rebecca Bauder, Tom Adams, Bob Kerr;

**Log:** Tracy McLean

Greenup, Carter, Boyd, Elliott, Lawrence, Johnson, Martin, Magoffin, Floyd, Pike

### Region 10

Lee, Wolfe, Breathitt, Owsley, Perry, Knott, Leslie, Harlan, Letcher

### Region 11

**RTC:** Mike Osborne, Jodi Carroll

**Log:**

Rockcastle, Jackson, Laurel, Clay, McCreary, Whitley, Knox, Bell

### Region 12

**RTC:** David Hawk

Mercer, Boyle, Casey, Lincoln, Adair, Russell, Pulaski, Cumberland, Clinton, Wayne

### Region 13

**RTC:** Connie Adams, Gary Santana;

**Log:** Jerry Powell

Woodford, Fayette, Jessamine, Garrard, Harrison, Bourbon, Nicholas, Clark, Madison, Estill, Powell

### Region 14

Franklin



**Thank You!**

**Act as if what you do makes a difference.**

**It does.**

~William James

## Team Profile - Region 6

Region 6 Coordinators are Pam Fleitz, Mike Dossett and Mike Huff. Lee Twombly is the Logistics Officer. Team Members include: Mary Abrams, Scott Been, Vicki Beldon, Judy Bryant, Doug Cohron, Deborah Dawson-Crain, Tom Dillard, Kanetha Dorsey, Chris Foster, Rochelle Fournier, Mike Freville, Eddie Grantz, Shirley Green (K9-Reese), Jason Hendrix, Debbie Irwin, Rita Jarrell, Jody Johnson, Teddy Laun, Glenda Lehmann, Angela Livingston, Lee Look, Tim Lucas, Chris Lynch, Ron Maddux, David Mitchell, Ken Morrow, Randy Pace, Jeff Riddle, Lynn Roberson, Stephanie Schaefer, Anita Simkins, Diane Strobel, Natalie Taylor, and Paul Whitman.

Region 6 is the largest region with a lot of experienced members. They have responded to a large variety of incidents from disasters to line of duty deaths. This region also provides mutual support to other regions when needed. **We salute you, Region 6, for standing ready!**



## What have you learned in the field?

So much of what we can learn about crisis intervention and peer support comes from our experiences in the field. This column is a new opportunity for Team Members to share a meaningful experience you have had while on a KCCRT response.

Stories should be true, and inspirational or educational in nature. Length: no more than 2000 characters (with no spaces).

KCCRB will edit for content and space as necessary.

The names of response locations and persons served should be made generic.

**Deadlines for Newsletters** are the 25<sup>th</sup> of August, November, February and May.



## Ongoing Education Online

Team members may take some free online courses to hone knowledge and gain ongoing education hours. These courses are available through [ky.train.org](http://ky.train.org) and certificates and transcripts are kept on the site. Register on the site and search for courses by course ID number. **Here are some options:**

<http://www.ky.train.org>

KCCRT- Disaster Behavioral Health Outreach Personnel: KHELPS Orientation Module - 1010023

Psychological Resiliency - Building Personal Resilience and Self-Reliance - 1010943

Psychological First Aid: Building Resiliency for "Us" and "Them" - 1017721

Crisis Preparedness Planning for School Administrators - 1020397

Several classes are available through EMI, including the most up to date NIMS and ICS courses.

<http://www.training.fema.gov/IS/NIMS.asp>

## Other Sources

Other sources of ongoing training include: KCCRB courses, KCCRT Regional Team meetings and continuing educational units offered by recognized national/ Kentucky CEU providers in the following core competency areas:

- Crisis Intervention /Psychological First Aids
- Effects of Traumatic Stress/PTSD
- Family/Significant Other Support
- Field Assessment
- NIMS-Incident Command
- Disaster Mental Health
- All Hazards Field Manual
- Pastoral Crisis Intervention
- Suicide Prevention/Intervention
- Secondary Traumatization
- Stress Management
- Terrorism/bioterrorism
- Conducting KCCRT Sponsored Training
- KCCRT Team Meetings
- Other content subject to approval by the Board

## New Courses for First Responders



KCCRB now offers "**Protecting Our First Responders**," a free 2.5 hour training developed by Debborah Arnold and Woody Will.

This course is designed to be a pre-incident training course for emergency service personnel. Originally developed for Fire and EMS, the training has been expanded for Law Enforcement as well.

In the aftermath of a critical incident, whether man-made or natural, stress reactions are the normal response of a healthy person to an abnormal situation.

Emergency service personnel responding to critical incidents or disasters will see and experience events that may include witnessing or experiencing tragedy, death, serious injuries and performing their duties in threatening situations. These critical events have the potential to strain their usual coping skills. The physical and psychological well-being of those experiencing this stress, as well as their future ability to function through a prolonged response, will depend upon how they manage this stress. Pre-incident training will help prepare individuals to cope with critical incidents and the reactions that they may experience. A key component to reducing employee turnover is pre-incident training. Pre-incident training will help prepare individuals to cope with critical incidents and the reactions that they may experience.

### Included in this training:

- Module 1: The Stress Response
- Module 2: Five Components of Human Reactions
- Module 3: Health During an Event
- Module 4: Resiliency
- Module 5: Stress Management Techniques

This training can be requested by command for any first responder department in the state. It is also possible to present it within a 3-hour training night. Contact KCCRB for more information.

502-607-5781

[kccrb@ng.army.mil](mailto:kccrb@ng.army.mil)





KCCRB welcomes a new partnership with Louisville Metro Department of Public Health & Wellness (LMDPHW) in recruiting and training team members for the Louisville area!

Dr. LaQuandra Nesbitt, Director of LMDPHW, understands the value of having people trained in providing psychological first aid when something happens in the community. Her knowledge and the needs presented by recent violent events in Louisville precipitated the current partnership.



KCCRB has worked with the department in past efforts to provide services during flu vaccine clinics, and in response to disasters. This recent effort will enhance the working relationship with LMDPHW and build up the Region 6 KCCRT to an increased readiness to respond in the Louisville area.



FOR IMMEDIATE RELEASE  
June 29, 2012

Kathy Harrison, 574-6549 / 817-6959

## **Violence Prevention Work Group Recruiting Members for Crisis Response Team**

LOUISVILLE, Ky. – (June 29, 2012) Louisville Metro Government is partnering with the Kentucky Community Crisis Response Board to recruit and train interested members of the Violence Prevention Work Group, local clergy, and behavioral health professionals to serve as members of the Kentucky Community Crisis Response Team.

“We want to use this crisis response team to help lessen trauma and reduce the long-term impact that can be associated with violence,” said Dr. LaQuandra Nesbitt, co-chair of the violence work group and director of the Louisville Metro Department of Public Health and Wellness (<http://www.louisvilleky.gov/health>). The group, created by Mayor Greg Fischer, is part of the city’s development of a strategic plan to address violence in targeted neighborhoods in Louisville.

“Creating a crisis response team is an early step in our work to lessen the violence in our city,” Fischer said. “Once trained, these individuals will be able to assist victims of violence by providing compassion and comfort, information on resources and additional tools to cope and recover from the stress of the trauma.”

To serve on the response team, participants must complete online trainings in Psychological First Aid and National Incident Management System (<http://www.fema.gov/emergency/nims/>) as well as attend a one-day class (Psychological First Aid II) on July 26 from 8 a.m. to 5 p.m. at the Metro Department of Public Health and Wellness, 400 E. Gray St.

Violence Prevention Work Group members, behavioral health professionals and clergy who are interested can register and complete the training online at <http://ky.train.org> or call 888-522-7228 for more information.

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**Next One-Day Class  
August 30, 2012**

**Open to interested volunteers**

**Register at:**  
<http://kccrb.ky.gov/train/>

## Upcoming Training & Events

Mark your calendars now for these events!

### 2012 SCHEDULED COURSES

|             |                                     |            |
|-------------|-------------------------------------|------------|
| Aug. 30     | Psychological First Aid (PFA-II)    | Louisville |
| Sept. 12-13 | Group Crisis Intervention           | Louisa     |
| Sept. 15    | Psychological First Aid (PFA-II)    | Louisville |
| Sept. 24-26 | Pastoral Crisis Intervention I & II | Louisville |
| Oct. 30     | Psychological First Aid (PFA-II)    | Somerset   |

More Information & Schedule Updates at: <http://kccrb.ky.gov/train/>

### TEAM MEETINGS

|            |                                                                                                          |
|------------|----------------------------------------------------------------------------------------------------------|
| 8/21/12    | Region 4 - 6:30pm, FOP Lodge, 150 Corvett Dr., Bowling Green, KY 42103                                   |
| 9/17/2012  | Region 5 - 6:30 pm (EST), E-town Fire Station #1, 380 Ring Rd., E-Town 42701                             |
| 10/8/2012  | Region 13 & 14 - 6:00pm (EST) - Lexington Fire Training Center, 1375 Old Frankfort Pike, Lexington 40504 |
| 10/25/2012 | Region 1 - 6:00pm (CST) - 1539 Cuba Rd Mayfield KY 42066                                                 |
| 1/24/13    | Region 1 - 6:00pm (CST) - 1539 Cuba Rd Mayfield KY 42066                                                 |
| 4/25/13    | Region 1 - 6:00pm (CST) - 1539 Cuba Rd Mayfield KY 42066                                                 |
| 7/25/13    | Region 1 - 6:00pm (CST) - 1539 Cuba Rd Mayfield KY 42066                                                 |
| 10/24/13   | Region 1 - 6:00pm (CST) - 1539 Cuba Rd Mayfield KY 42066                                                 |

### BOARD MEETING

#### 1st FY2013 Quarterly Board Meeting: **TBA**

|          |                            |
|----------|----------------------------|
| 11:30 am | Training Committee         |
| 11:30 am | Membership Committee       |
| 11:30 am | Public Awareness Committee |
| 12:30 pm | Executive Admin. Committee |

#### Location

New KCCRB Offices  
111 St. James Ct., Suite B  
Frankfort, KY 40601

### LINKS

#### Know how to find helpful information!

**KCCRB:** <http://kccrb.ky.gov>

**KHELPS Volunteer Sign-In:** <https://khelps.chfs.ky.gov/VolunteerMobilizer/login.aspx>

**KY Emergency Mgt. Area Offices:** <http://kyem.ky.gov/about/areaoffices.htm>

**Kentucky Train.org site:** <http://ky.train.org>

**Severe Weather Information:** <http://www.gwx.ca.uky.edu/emergency.html>

**Hands Only CPR:** <http://handsonlycpr.eisenberginc.com/>

**Flu Resources:** <http://flu.gov> and <http://healthalerts.ky.gov>

*If someone listens, or stretches out a hand, or whispers a kind word of encouragement, or attempts to understand a lonely person, extraordinary things begin to happen. -- Loretta Girzaitis (b. 1920)*